



CLASS SCHEDULE

TUESDAY & THURSDAY
11:30am & 7pm

Gentle Hatha Yoga – All Levels of Fitness

Alleviates Stress

Relieves Anxiety

Increase Muscle Tone & Flexibility

Strengthens the Immune System

Promotes Peace of Mind

Improves Posture



KINGSLAND HEALTH & FITNESS CENTER
2132 rr 1431 w 325-388-0733

HOURS: MON - TH 5:30am - 8pm FRI 5:30am - 7pm SAT 8am - 1pm CLOSED SUNDAY

WEIGHT ROOM CARDIOVASCULAR AEROBICS
LOCKER ROOM w / SHOWERS KIDS ROOM TANNING